

Breakfast May

Nutritional Information

Name	Serving	Calories	Carbs	Protein	Total Fat	Saturated Fat	Cholesterol	Sodium	Dietary Fiber	Sugar	Vitamin A	Vitamin C	Calcium	Iron	Wheat	Egg	Soy	Peanut	Milk	Fish	Trans	Treenut	Shellfish	Sesame
Apple Ring	each	240	32 g	5 g	10 g	5 g	0 mg	330 mg	3 g	7 g	n/a	n/a	20 mg	2 mg	X	X	X		X					
Brekkie, WG	each	380	51 g	5 g	18 g	8 g	15 mg	290 mg	4 g	25 g	87	0	30 mg	1 mg	X	X	X		X					
Cheese Stick	each	80	1 g	7 g	6 g	4 g	20 mg	200 mg	0 g	0 g	0	0	150 mg	0 mg					X					
Fresh Fruit	1/2 cup	45	11 g	0 g	0 g	0 g	0 mg	5 mg	2 g	n/a	649	16	12 mg	0 mg										
Fruit Cup	each	80	21 g	0 g	0 g	0 g	0 mg	1 mg	2 g	16 g	0	66	20 mg	0 mg										
Gogurt	container	80	15 g	3 g	0 g	0 g	0 mg	75 mg	0 g	12 g	0	n/a	320 mg	0 mg					X					
Hard Boiled Egg	1 each	78	1 g	6 g	5 g	2 g	187 mg	62 mg	0 g	n/a	260	0	25 mg	1 mg		X								
Juice	4 fl. oz	50	13 g	0 g	0 g	0 g	0 mg	10 mg	0 g	n/a	0	15	0 mg	0 mg										
Maple Madness Mini Waffles	pouch	210	37 g	3 g	6 g	1 g	0 mg	170 mg	2 g	13 g	0	0	20 mg	1 mg	X	X	X		X					
Mini WG Donuts	6 each	300	34 g	4 g	16 g	5 g	30 mg	360 mg	2 g	12 g	0	0	24 mg	1 mg	X	X	X		X					
Mini-Cinnis	1 package	230	41 g	5 g	7 g	2 g	0 mg	280 mg	3 g	14 g	0	0	40 mg	1 mg	X		X		X					
Soft filled cinnamon toast crunch bar	1 each	220	43 g	3 g	6 g	1 g	0 mg	340 mg	5 g	12 g	500	6	100 mg	5 mg	X		X							
WG Breakfast Loaf	each	260	32 g	4 g	13 g	4 g	35 mg	220 mg	2 g	15 g	19	0	30 mg	1 mg	X	X	X		X					
WG Cereal	1 bowl	100	20 g	3 g	2 g	1 g	0 mg	140 mg	3 g	n/a	500	6	100 mg	8 mg										
WG Cereal Bar	1 bar	150	30 g	2 g	3 g	0 g	0 mg	110 mg	3 g	n/a	100	0	200 mg	1 mg	X		X							
WG Muffin	each	180	31 g	3 g	6 g	2 g	35 mg	125 mg	2 g	16 g	0	0	20 mg	1 mg	X	X	X							
WG Pop-Tart	1 pouch	170	37 g	2 g	3 g	1 g	0 mg	120 mg	3 g	15 g	500	0	130 mg	2 mg	X		X							